

NAVMC 11621 Instructions

1. This portion will cover guidelines on filling the NAVMC 11621 for a first and second assignment.

SECTION A: Initial assessment.

BCP EVALUATION FORM						
Unit 1						
RESPONDENT INFORMATION						
2 Rank	3 First Name	4 MI	5 Last Name	6 EDIPI	7 DOB	
INITIAL BCP ASSESSMENT						
8 Date	9 Height	10 Weight	11 Max Weight	12 BF%	13 Max BF%	
FORCE FITNESS INSTRUCTOR/COMMAND PT REPRESENTATIVE						
14 Rank	15 First Name	16 MI	17 Last Name	18 Signature	19 Date	

1. Unit Name up to first CG level. (Co L, 3d Battalion, 25th Marines, 4th Marine Division).
2. Marine's rank.
3. Marine's full first name.
4. Marine's middle initial. If none, leave blank.
5. Marine's full last name.
6. Marine's full EDIPI.
7. Marine's date of birth.
8. Date the initial Ht/Wt/BF BCE was done. Must have matching BCE sheet in BCP folder.
9. Marine's initial height. (Not the BCE height for BF.)
10. Marine's initial weight.
11. Marine's max weight for his height in box (9).
12. Marine's initial body fat percent; include the (%) sign.
13. Marine's max allowed body fat percent; include the (%) sign. (Include extra 1% for 250+ PFT/CFT scores if rated.)
14. FFI/CPTR rank.
15. FFI/CPTR full first name.
16. FFI/CPTR middle initial. If none, leave blank..
17. FFI/CPTR full last name.
18. FFI/CPTR signature. (Electronic CAC signature preferred.)
19. Date the FFI/CPTR signed. Must match electronic signature.

SECTION B: Authorized medical provider evaluation.

MEDICAL DOCTOR'S INITIAL EVALUATION AND FINDINGS												
2	<input type="checkbox"/> Weight is due to a newly diagnosed medical condition known to result in weight gain										Date diagnosed	
	<input type="checkbox"/> Weight is due to a medical condition known to result in weight gain, which has worsened in the last 6 months										Date change	
	<input type="checkbox"/> Weight is due to an increased dosage of medical therapy in the last 6 months known to result in weight gain										Date change	
	<input type="checkbox"/> None of the above											
Recommendations / Limitations		3										
Circle one of each		Rank	Name				Signature			Date		
4	Civ / Mil MD / DO Board Certified or Eligible						Signature Field	<small>REMOVE</small>				
	Civ / Mil MD / DO Board Certified or Eligible						Signature Field	<small>REMOVE</small>				
	Civ / Mil MD / DO Board Certified or Eligible						Signature Field	<small>REMOVE</small>				
1	BCP Monthly Objectives											
	Month 1		Month 2		Month 3		Month 4		Month 5		Month 6	
	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%

1. BCP Monthly Objectives. Use whole numbers and not fractions or decimals. This section can be filled out by the FFI/CPTR or authorized medical provider before signature in block (4) of this section. Medical Provider signature validates they looked over monthly objectives. Commands should get with their medical provider to establish a best practice for healthy monthly objectives. Ultimately, it is the medical provider’s responsibility to establish healthy weight reduction goals.
 **NOTE: Healthy objectives may not always get the Marine to their maximum weight or body fat; that’s why there is an extension process.
2. The medical provider must select one box after reviewing the Marine’s record. If they find something concerning, they should order blood test results to see if an underlying condition is present before signing.
3. Medical provider can state any recommendations or limitations. Do not leave blank.
4. Medical provider rank, full name, signature, and date. (Electronic CAC signature preferred). Authorized medical providers are (Independent Duty Corpsman, Nurse Practitioner, Physician, or Physician Assistant). If an underlying medical condition is suspected then the Marine must be forwarded to a Board Certified/ Board Eligible Medical Care Provider. No lower level medical providers may recommend a temporary medical exemption.
 **NOTE: If you are at an independent duty location with an assigned corpsman, this does not automatically make them an Independent Duty Corpsman; they must be properly credentialed.

SECTION C: Commanding Officer signature and determination.

Commanding Officer						
1 Rank	2 First Name	3 MI	4 Last Name	12 Unit Diary Number	13 Diary Entry Date	
Signature			5	BCP Effective Date		6
BCP Assignment						
7 Assignment			8 Start Date	9 End Date	10 Target Weight	11 Target BF%
Evaluation	First	Extension	Second			

1. COs rank.
 2. COs full first name.
 3. COs middle initial. If none, leave blank.
 4. COs full last name.
 5. COs signature. (Electronic CAC signature preferred.)
 6. Date the CO signed. Must match electronic signature. This is the official start date the BCP assignment.
 7. CO or FFI/CPTR will circle the correct assignment. (First or Second)
 8. Date must match the date CO signed in block (6) of this section.
 9. Date six months after the start date this assignment is expected to end.
 10. The target weight as stated in the previous section for the “Month 6” monthly objective.
 11. The target BF% as stated in the previous section for the “Month 6” monthly objective.
 12. Get the unit diary number from admin after the assignment has been entered in MCTFS.
 13. Get the unit diary entry date from admin after the assignment has been entered in MCTFS.
- **NOTE:** Get with your admin to standardize whether they will do unit diary entries or if the training section will use MCTIMS to enter all BCP assignments.

SECTION D: Marine acknowledgement. The date the Marine physically signs is not required to match the CO’s signature date but should be done as soon as possible after the CO has officially signed this document. At the same time, the BCP assignment 6105 with promotion restriction should be dated/signed by the Marine.

Respondent Acknowledgement	
1 Initial	
	I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program.
	I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation.
	I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation.
	I understand I am required to complete "MarineNet MCIZ4133AZ, Semper Fit Basic Fitness Course." (First assignment to BCP only) and adhere to the nutritional guidance provided by an BCBEMP throughout my assignment to the BCP.
	I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP.
Respondent Signature 2	Date 3

1. The Marine assigned to BCP must physically initial all five blocks.
2. Physical signature of the Marine.
3. Date the Marine signed. This date should also match the date on the corresponding BCP assignment 6105.

SECTION E: Overall BCP assessment.

Final BCP Assessment					
1 Start Weight	2 Start BF%	3 Start Date	4 Final Weight	5 Final BF%	6 End Date

1. Starting weight is the same initial weight as entered in Section A under the “Initial BCP Assessment”.
2. Starting body fat is the same initial BF% as entered in Section A under the “Initial BCP Assessment”.
3. Start date is the same date the CO signed Section C, block (6).
4. Marine’s final weight after the six-month assignment. For second assignments, this could be earlier if the Marine is within standards prior to six-months.
5. Marine’s final body fat after the six-month assignment. For second assignments, this could be earlier if the Marine is within standards prior to six-months. Put N/A if the Marine meets HT/WT standards and does not require taping.
6. End date is the same date the CO signs/dates in the last section at the bottom of the NAVMC 11621.

SECTION F: BCP determination. The date the Marine physically signs is not required to match the CO's signature date but should be done as soon as possible after the CO has officially signed this document.

BCP Determination					
1 Initial					
	1st/2 Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary.				
	1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.				
	1st ASSIGNMENT: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months.				
	EXTENSION: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment.				
	EXTENSION/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.				
Respondent Signature 8			Date	9	
Commanding Officer					
2 Rank	3 First Name	4 MI	5 Last Name	10 Unit Diary Number	11 Date
Signature 6			Date	7	

* BCP start date is the date the commanding officer reviews, approves, and signs the BCP package.

1. The CO will initial one block to identify the action to be taken and sign/date blocks (6-7). Each block starts with which type of assignment it applies for. (i.e. for first assignment the only options are the first three blocks; for a second assignment the only options are the first or last blocks.)
2. COs rank.
3. COs full first name.
4. COs middle initial. If none, leave blank.
5. COs full last name.
6. COs physical signature.
7. Date the CO initialed determination block and signed.
8. Physical signature of the Marine acknowledging the CO's determination.
9. Date the Marine signed. This date should also match the date on the corresponding 6105 if required. (NOTE: 6105 is not required/needed for BCP removal.)
10. Get the unit diary number from admin after the entry has been entered in MCTFS; if entry is required.
11. Get the unit diary entry date from admin after the entry has been entered in MCTFS; if entry is required.

EXAMPLE NAVMC 11621: Example of a completed NAVMC 11621 for a first assignment granting an extension.

BCP EVALUATION FORM											
Unit		Co L, 3d Battalion, 25th Marines, 4th Marine Division									
RESPONDENT INFORMATION											
Rank	First Name	MI	Last Name			EDIPI			DOB		
LCPL	FIRST	I	LASTNAME			1234567899			2000 08 11		
INITIAL BCP ASSESSMENT											
Date	Height	Weight	Max Weight	BF%	Max BF%						
2017 11 09	69	210	186	24%	18%						
FORCE FITNESS INSTRUCTOR/COMMAND PT REPRESENTATIVE											
Rank	First Name	MI	Last Name			Signature			Date		
GYSGT	MOTIVATE	M	OFTHEYEAR						2017 11 09		
MEDICAL DOCTOR'S INITIAL EVALUATION AND FINDINGS											
<input type="checkbox"/> Weight is due to a newly diagnosed medical condition known to result in weight gain <input type="checkbox"/> Weight is due to a medical condition known to result in weight gain, which has worsened in the last 6 months <input type="checkbox"/> Weight is due to an increased dosage of medical therapy in the last 6 months known to result in weight gain <input checked="" type="checkbox"/> None of the above									Date diagnosed		
									Date change		
									Date change		
Recommendations / Limitations											
Follow diet and training regimen.											
Circle one of each	Rank	Name			Signature			Date			
Civ / Mil MD / DO Board Certified or Eligible	LT	M. O. NAVY			Signature Field			2017-11-			
Civ / Mil MD / DO Board Certified or Eligible					Signature Field						
Civ / Mil MD / DO Board Certified or Eligible					Signature Field						
BCP Monthly Objectives											
Month 1		Month 2		Month 3		Month 4		Month 5		Month 6	
Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%
206	23%	202	22%	198	21%	194	20%	190	19%	186	18%
Commanding Officer											
Rank	First Name	MI	Last Name			Unit Diary Number			Unit Diary Entry Date		
LTCOL	IAM	A	CHARGER			123546			2017 12 08		
Signature					BCP Effective Date		2017 11 26				
BCP Assignment											
Assignment		Start Date		End Date		Target Weight		Target BF%			
Evaluation	First	Extension	Second	2017 11 26		2018 05 25		186		18%	
Respondent Acknowledgement											
Initial											
ABC	I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program.										
ABC	I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation.										
ABC	I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation.										
ABC	I understand I am required to complete "MarineNet MCIZ4133AZ, Semper Fit Basic Fitness Course." (First assignment to BCP only) and adhere to the nutritional guidance provided by an BCBEMP throughout my assignment to the BCP.										
ABC	I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP.										
Respondent Signature					Date		2017 12 07				
Final BCP Assessment											
Start Weight		Start BF%		Start Date		Final Weight		Final BF%		End Date	
210		24%		2017 11 26		198		22%		2018 05 29	
BCP Determination											
Initial											
	1st/2 Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary.										
	1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
IAC	1st ASSIGNMENT: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months.										
	EXTENSION: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment.										
	EXTENSION/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
Respondent Signature					Date		2018 06 10				
Commanding Officer											
Rank	First Name	MI	Last Name			Unit Diary Number			Date		
LTCOL	IAM	A	CHARGER			523649			2018 06 11		
Signature					Date		2018 05 29				

* BCP start date is the date the commanding officer reviews, approves, and signs the BCP package.

NAVMC 11621 Instructions for an Extension

1. The first assignment NAVMC 11621 will be annotated and closed out.
2. A subsequent NAVMC 11621 will need to be filled out per previous instructions with minor differences. The following will identify these minor differences.

SECTION A: Initial assessment.

BCP EVALUATION FORM											
Unit											
RESPONDENT INFORMATION											
Rank	First Name	MI	Last Name	EDIPI	DOB						
INITIAL BCP ASSESSMENT											
8	Date	9	Height	10	Weight	11	Max Weight	12	BF%	13	Max BF%
FORC FITNESS INSTRUCTOR/COMMAND PT REPRESENTATIVE											
Rank	First Name	MI	Last Name	Signature	Date						

8. Date the last BCE Ht/Wt/BF was done that was used to identify Marines six month progress.
9. Marine's current height. (Not the BCE height for BF.)
10. Marine's current weight.
11. Marine's max weight for his height in box (9).
12. Marine's current body fat percent; include the (%) sign.
13. Marine's max allowed body fat percent; include the (%) sign. (Include extra 1% for 250+ PFT/CFT scores if rated.)

SECTION B: The Medical Evaluation is NOT REQUIRED and will be crossed out when using a second NAVMC for the extension assignment. The new monthly objectives are required.

MEDICAL DOCTOR'S INITIAL EVALUATION AND FINDINGS													
<input type="checkbox"/> Weight is due to a newly diagnosed medical condition known to result in weight gain										Date diagnosed			
<input type="checkbox"/> Weight is due to a medical condition known to result in weight gain, which has worsened in the last 6 months										Date change			
<input type="checkbox"/> Weight is due to an increased dosage of medical therapy in the last 6 months known to result in weight gain										Date change			
<input type="checkbox"/> None of the above													
Recommendations / Limitations													
Circle one of each		Rank		Name		Signature		Date					
Civ / Mil MD / DO Board Certified or Eligible						Signature Field		Date Field					
Civ / Mil MD / DO Board Certified or Eligible						Signature Field		Date Field					
Civ / Mil MD / DO Board Certified or Eligible						Signature Field		Date Field					
BCP Monthly Objectives													
1		Month 1		Month 2		Month 3		Month 4		Month 5		Month 6	
Weight		BF%		Weight		BF%		Weight		BF%		Weight	

1. BCP Monthly Objectives. Use whole numbers and not fractions or decimals. This section can be filled out by the FFI/CPTR. Commands should get with their medical provider to establish a best practice for healthy monthly objectives. This should be based off their current WT/BF and not copied from their first assignment. This will also identify new reduction goals for the required extension 6105.

SECTION C: Commanding Officer signature and determination.

Commanding Officer													
Rank		First Name		MI		Last Name		Unit Diary Number		Unit Diary Entry Date			
Signature						BCP Effective Date		6					
BCP Assignment													
7		Assignment		8		Start Date		9		10		11	
Evaluation		First		Extension		Second				Target Weight		Target BF%	

6. Date the CO signed. Must match electronic signature. This date should also be the same as when the CO signed closing the first assignment NAVMC 11621. This is the official start date for the BCP extension.
7. CO or FFI/CPTR will circle EXTENSION.
8. Date must match the date CO signed in block (6) of this section.
9. Date six months after the start date this extension is expected to end.
10. The target weight as stated in the previous section for the “Month 6” monthly objective.
11. The target BF% as stated in the previous section for the “Month 6” monthly objective.
12. Get the unit diary number from admin after the extension has been entered in MCTFS.
13. Get the unit diary entry date from admin after the extension has been entered in MCTFS.
**NOTE: Get with your admin to standardize whether they will do unit diary entries or if the training section will use MCTIMS to enter all BCP assignments.

SECTION D: Marine acknowledgement. The date the Marine physically signs is not required to match the CO’s signature date but should be done as soon as possible after the CO has officially signed this document. At same time, the BCP extension 6105 with promotion restriction should be signed by the Marine.

Respondent Acknowledgement	
1 Initial	
	I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program.
	I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation.
	I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation.
	I understand I am required to complete "MarineNet MCIZ4133AZ, Semper Fit Basic Fitness Course." (First assignment to BCP only) and adhere to the nutritional guidance provided by an BCBEMP throughout my assignment to the BCP.
	I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP.
Respondent Signature 2	Date 3

1. The Marine assigned to BCP must physically initial all five blocks.
2. Physical signature of the Marine.
3. Date the Marine signed. This date should also match the date on the corresponding 6105 for extension.

SECTION E: Overall BCP assessment.

Final BCP Assessment					
1 Start Weight	2 Start BF%	3 Start Date	4 Final Weight	5 Final BF%	6 End Date

1. Starting weight is the same initial weight as entered in Section A under the “Initial BCP Assessment”.
2. Starting body fat is the same initial BF% as entered in Section A under the “Initial BCP Assessment”.
3. Start date is the same date the CO signed Section C, block (6).
4. Marine’s final weight after completion of the six-month extension or earlier if Marine is within standards prior to six-months.
5. Marine’s final body fat percentage relating to final weight. Put N/A if the Marine meets HT/WT standards and does not require taping.
6. End date is the same date the CO signs/dates in the last section at the bottom of the NAVMC 11621.
 **NOTE: Marines on an extension may have their final weight and end date be earlier than six months the same as a second assignment.

SECTION F: BCP determination. The date the Marine physically signs is not required to match the CO's signature date but should be done as soon as possible after the CO has officially signed this document.

BCP Determination					
1	Initial				
	1st/2 Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary.				
	1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.				
	1st ASSIGNMENT: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months.				
	EXTENSION: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment.				
	EXTENSION/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.				
Respondent Signature 8		Date		9	
Commanding Officer					
Rank	First Name	MI	Last Name	Unit Diary Number	Date
				10	11
Signature 6			Date		7

* BCP start date is the date the commanding officer reviews, approves, and signs the BCP package.

- The CO will initial one block to identify the action to be taken and sign/date blocks (6-7). Here the only options are the last two blocks pertaining to extension. Do not use the first block for extensions.
- COs physical signature.
- Date the CO initialed determination block and signed.
- Physical signature of the Marine acknowledging the CO's determination.
- Date the Marine signed. This date should also match the date on the corresponding 6105 if required. (NOTE: 6105 is not required/needed for BCP removal.)
- Get the unit diary number from admin after the entry has been entered in MCTFS.
- Get the unit diary entry date from admin after the entry has been entered in MCTFS.

EXAMPLE NAVMC 11621 for an Extension: Example of a completed NAVMC 11621 where a Marine was granted an extension and meet the standards after three months on the extension.

BCP EVALUATION FORM											
Unit		Co L. 3d Battalion, 25th Marines, 4th Marine Division									
RESPONDENT INFORMATION											
Rank	First Name	MI	Last Name			EDIPI	DOB				
LCPL	FIRST	I	LASTNAME			1234567890	2000 08 11				
INITIAL BCP ASSESSMENT											
Date	Height	Weight	Max Weight	BF%	Max BF%						
2018 05 21	69	196	186	22%	18%						
FORCE FITNESS INSTRUCTOR/COMMAND PT REPRESENTATIVE											
Rank	First Name	MI	Last Name			Signature	Date				
OYSGT	MOTIVATE	M	OFTHEYEAR				2018 05 21				
MEDICAL DOCTOR'S INITIAL EVALUATION AND FINDINGS											
<input type="checkbox"/> Weight is due to a newly diagnosed medical condition known to result in weight gain										Date diagnosed	
<input type="checkbox"/> Weight is due to a medical condition known to result in weight gain, which has worsened in the last 6 months										Date change	
<input type="checkbox"/> Weight is due to an increased dosage of medical therapy in the last 6 months known to result in weight gain										Date change	
<input type="checkbox"/> None of the above											
Recommendations / Limitations											
Circle one of each	Rank	Name				Signature	Date				
Civ / Mil MD / DO Board Certified or Eligible						Signature Field					
Civ / Mil MD / DO Board Certified or Eligible						Signature Field					
Civ / Mil MD / DO Board Certified or Eligible						Signature Field					
BCP Monthly Objectives											
Month 1		Month 2		Month 3		Month 4		Month 5		Month 6	
Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%	Weight	BF%
196	21%	194	20%	192	19%	190	18%	188	17%	186	16%
Commanding Officer											
Rank	First Name	MI	Last Name			Unit Diary Number	Unit Diary Entry Date				
LTCOL	IAM	A	CHARGER			523649	2018 06 11				
Signature					BCP Effective Date		2018 06 01				
BCP Assignment											
Assignment	Start Date	End Date	Target Weight	Target BF%							
Extension	2018 06 01	2018 12 01	186	16%							
Respondent Acknowledgement											
Initial	I understand I am not in compliance with Marine Corps height, weight and body composition standards, not due to an underlying condition or disease and that I am being assigned to the Body Composition/Remedial Physical Conditioning Program.										
ABC	I understand I am required to meet established weight loss and body composition goals within six months and failure to do so may result in my administrative separation.										
ABC	I understand I am required to meet established monthly weight reduction goals, participate in the unit primary/alternate remedial physical conditioning program and that failure to do so may result in my administrative separation.										
ABC	I understand I am required to complete "MarineNet MCIZ4133AZ, Semper Fit Basic Fitness Course." (First assignment to BCP only) and adhere to the nutritional guidance provided by an BCCEMP throughout my assignment to the BCP.										
ABC	I understand my participation in RPCP is mandatory while assigned to the BCP and that I am not eligible for promotion and may be denied retention during my initial or subsequent assignments to the BCP.										
Respondent Signature					Date		2018 06 10				
Final BCP Assessment											
Start Weight	Start BF%	Start Date	Final Weight	Final BF%	End Date						
197	22%	2018 05 29	184	18%	2018 09 06						
BCP Determination											
Initial	1st/2 Assignment/Extension: You have attained and maintained the Marine Corps body composition standards, and are officially removed from the BCP (and RPCP) on the Unit Diary.										
	1st Assignment (Unsatisfactory Performance): You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
	1st ASSIGNMENT: You have not met Marine Corps body composition standards, but have made satisfactory progress. You are provided a one-time extension and are required to meet body composition standards within six months.										
IAC	EXTENSION: You have attained and maintained Marine Corps body composition standards, and are officially removed from BCP. If you fail to meet body composition standards again, you may be granted a second BCP assignment.										
	EXTENSION/2d Assignment: You have failed to meet the Marine Corps body composition standards and will receive a 6105 counseling entry on your SRB/OQR's Page 11, and be immediately processed for administrative separation.										
Respondent Signature					Date		2018 09 10				
Commanding Officer											
Rank	First Name	MI	Last Name			Unit Diary Number	Date				
LTCOL	IAM	A	CHARGER			4916237	2018 09 13				
Signature					Date		2018 09 06				